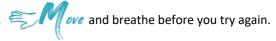


Pause to Prepare

A routine to build courage and problem-solving skills

1. Complete a physical challenge. If you 'lose it' during the challenge, we and breathe before you try again.





2. What did you do? Did you Stand, Move or get Support?



3. What could challenge you today?



4. What are you going to do? will you Stand, Move or get Support?

